

LOUISVILLE SENIOR SERVICES 303-666-7400

Visit us online at www.louisvilleseniorservices.com



| SUNDA | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|--|---|---|
| <p>Need Help with Information Regarding Resources in the Community? Contact Diane Evans at 303-335-4919 for assistance.</p> <p>Need a Ride? Call Via 303-447-9636 \$2 fare each way.</p> | | | <p>1 8 Silver Sneakers II Circuit 9:30 Painting 10:30 Silver Sneakers I Classic 11 Lunch Bunch: Pasta J's</p> | <p>2 8:30 Yoga 9:30 Loving Hands 9:45 Build Flexibility 1 Bridge 1 Silver Sneakers Circuit 1:30 A Matter of Balance 2 Tap Dancing</p> | <p>3 8:30 Massage 10 Senior Choir 10:30 Aqua Arthritis 11 Foot Reflexology 1 Improve Your Computer Skills</p> | <p>4 8 Adv Tai Chi 9 Int Tai Chi 10 Beg Tai Chi & Qi Gong</p> |
| 5 | <p>6 8 Silver Sneakers II Cardio 10:30 Silver Sneakers I Classic 11 Line Dance for Beginners 1 Bridge</p> | <p>7 8:30 Yoga 9:45 Build Flexibility 12 Resource Talk: Emergency Preparedness 1Intro to Computers 1 Silver Sneakers Classic 5:15 Drop-in Tai Chi Practice Class</p> | <p>8 8 Silver Sneakers II Circuit 9:30 Painting 10:30 Silver Sneakers I Classic 11 Dancing Pines Distillery & McGraff's, Loveland 1 Line Dancing</p> | <p>9 8:30 Yoga 9:30 Loving Hands 9:45 Build Flexibility 1 Bridge 1 Silver Sneakers Circuit 1:30 A Matter of Balance 2 Tap Dancing 6 Alzheimer's Caregivers</p> | <p>10 9 Wellness & Resource Fair 8:30 Massage 10 Senior Choir 10:30 Aqua Arthritis 11 Foot Reflexology 1 Improve Your Computer Skills</p> | <p>11 8 Adv Tai Chi 9 Int Tai Chi 10 Beg Tai Chi & Qi Gong</p> |
| 12 | <p>13 8 Silver Sneakers II Cardio 10:30 Silver Sneakers I Classic 11 Diabetes Support 11 Line Dance for Beginners 1 Bridge 1 Stories From Your Life 1:15 AARP Safe Driving</p> | <p>14 8:30 Yoga 9:45 Build Flexibility 1Intro to Computers 1 Silver Sneakers Classic 5:15Drop-in Tai Chi Practice Class</p> | <p>15 8 Silver Sneakers II Circuit 9:30 Painting 10:30 Silver Sneakers I Classic 1 Line Dancing</p> | <p>16 8:30 Yoga 9:30 Loving Hands 9:45 Build Flexibility 1 Bridge 1 Silver Sneakers Circuit 1:30 A Matter of Balance 2 Tap Dancing 5:30 Oktoberfest</p> | <p>17 8:30 Massage 10 Senior Choir 10:30 Aqua Arthritis 11 Foot Reflexology 1 Improve Your Computer Skills</p> | <p>18 8 Adv Tai Chi 9 Int Tai Chi 10 Beg Tai Chi & Qi Gong</p> |
| 19 | <p>20 8 Silver Sneakers II Cardio 10:30 Silver Sneakers I Classic 11 Line Dance for Beginners 1 Bridge 1 Continuing Stories From</p> | <p>21 8:30 Yoga 9:45 Build Flexibility 1Intro to Computers 1 Silver Sneakers Classic 5:15 Drop-in Tai Chi Practice Class</p> | <p>22 8 Silver Sneakers II Circuit 9:30 Painting 10:30 Silver Sneakers I Classic 1 Line Dancing</p> | <p>23 8:30 Yoga 9:30 Loving Hands 9:45 Build Flexibility 1 Bridge 1 Silver Sneakers Circuit 1:30 A Matter of Balance 2 Tap Dancing</p> | <p>24 8:30 Massage 10 Senior Choir 10:30 Aqua Arthritis 11 Foot Reflexology 1 Improve Your Computer Skills</p> | <p>25 8 Adv Tai Chi 9 Int Tai Chi 10 Beg Tai Chi & Qi Gong</p> |
| 26 | <p>27 8 Silver Sneakers II Cardio 10 Early Stage Alzheimer's Support Group 10:30 Silver Sneakers I Classic 11 Line Dance for Beginners 1 Bridge 1 Stories From Your Life</p> | <p>28 8:30 Yoga 9:45 Build Flexibility 1Intro to Computers 1 Grandparents Caring For Grandchildren 1 Silver Sneakers Classic 1 Book Club: Orphan Train 4:30 Dinner Group: Sugarbeet 5:15 Drop-in Tai Chi Practice Class</p> | <p>29 8 Silver Sneakers II Circuit 9 Medicare Part D 9:30 Painting 10:30 Silver Sneakers I Classic 1 Line Dancing</p> | <p>30 8:30 Yoga 9:30 Loving Hands 9:45 Build Flexibility 10:30 Basic Needs 1 Bridge 1 Silver Sneakers Circuit 1:30 A Matter of Balance 2 Tap Dancing</p> | <p>31 Halloween 8:30 Massage 10 Senior Choir 10 Haunted Denver Tour with Denver History Tours 10:30 Aqua Arthritis 11 Foot Reflexology 1 Improve Your Computer Skills</p> | <p>HAPPY HALLOWEEN</p> |

October 2014